

# Innovations

IN CONTINUING CARE

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## Alberta to trial new continuing care models

**A**lberta is taking pioneering steps in continuing care by supporting a project that will test new and diverse models of care. The project will bring about system change consistent with the vision for the future for continuing care.

### Increased independence

The New Models in Continuing Care Demonstration Project<sup>1</sup> will see six innovative continuing care demonstration projects delivered on 12 sites throughout Alberta. The projects are adult family living, dementia care, integrated community care programs, assisted living, native heritage enrichment, and transitional care programs. These projects will enable many Albertans to live more independently by avoiding or delaying the move into an institution.

"Traditional approaches to continuing care tended to limit individual autonomy and independence, and in

some cases even created dependence," says Alberta's Health Minister Shirley McClellan. "Seniors, persons with disabilities and caregivers alike told us they were dissatisfied with traditional approaches to providing long-term care. Institutionalization was the only option for many clients once they became too frail to stay in their home."

Project Co-ordinator Bruce Finlayson explains that the project will "offer increased choice, independence and decision-making power to clients of continuing care services. This project also supports the development of a community-based health system."

The projects are part of a Health Canada New Horizons initiative, a partnership established to design, implement and evaluate innovative, client-centred continuing care services. Participants include the Seniors Advisory Council for Alberta, the Canadian Association on Gerontology, Alberta Health and Health Canada, and the Capital Care Group of Edmonton.

### Six models


In March, 1995 proposals were requested from groups interested in participating as sites in the New Models in Continuing Care Demonstration Project. The six models were chosen from 25 proposals, which were evaluated by a committee comprising: consumer representatives (seniors and persons with disabilities); regional health authorities; care providers, and Alberta Health. The projects will run for a minimum of two years, after which time the RHAs will assess their future.

Funding for the projects comes from existing RHA dollars. In addition, Health Canada has recognized Alberta's leadership in continuing care services by awarding the demonstration project \$270,000 from the New Horizons program. These funds will support project co-ordination and communication activities, site planning and travel costs. A University of Alberta research team received \$520,800, under the Seniors' Independence Research Program, to evaluate selected demonstration projects.

<sup>1</sup> A project funded by Health Canada's New Horizons Program



## Project framework embraces collaborative model



Alberta's continuing care demonstration project is utilizing a collaborative and co-operative approach to ensure appropriate use of resources and long-term success.

### Participants at all levels

Participants at the regional, provincial and federal levels are all contributing resources; and all are keenly interested in the outcome and success of the project. New models of care will mean greater choice and independence for people needing continuing care services in the future.

The demonstration project is being implemented, sponsored and overseen by the Continuing Care Outcome Measures Steering Committee. The Committee's major function is to advise on long-range policy and program development. The Committee is chaired by Vivien Lai, Senior Director, Community/Continuing Care Branch. (The Committee members are listed on the back panel of this newsletter.)

During the last three years, many of the members of this multi-stakeholder committee researched and developed a discussion paper entitled Continuing Care Centers of Tomorrow: A Role Statement for Alberta's Long Term Care Facilities. The paper presented a vision for basic and specialized services for continuing care centres.

### New Horizons Directors

The New Models in Continuing Care Demonstration Project is governed by a board of directors, as required by Health Canada.

The ten New Horizons directors bring to the project a great deal of experience in contributing to the Alberta community and, especially, work on seniors issues and services.

Many have served with the Seniors Advisory Council for Alberta, and have advocated for years the implementation of the vision for continuing care, as outlined in Continuing Care Centres of Tomorrow: A Role Statement for Alberta's Long Term Care Facilities.

The directors are:

- Corinne Schalm, Chairperson
- Frank Appleby
- Dr. Richard Cherry
- Wanda Cree
- Mary Davis
- Dr. Fred Engelmann
- Mary Engelmann
- Neli Jackshaw
- Mary Norman
- Kenneth C. Pals.

A Project Co-ordinator, Bruce Finlayson, and a Project Assistant, Amylee Milke, have been hired to assist in the day-to-day operation of the project and liaise with the demonstration project sites.

Another partnership with researchers at the University of Alberta will result in the evaluation of selected models of service under the demonstration project. This evaluation project is called Evaluating Programs of Innovative Continuing Care (EPICC), and is also funded by Health Canada, under the Seniors Independence Research Program (SIRP). A detailed description of the EPICC project can be found in the insert of this newsletter.

The demonstration project is being implemented, sponsored and overseen by the Continuing Care Outcome Measures Steering Committee.



# Diverse projects selected to test **new methods** of care

**T**he New Models in Continuing Care Demonstration Project will assist stakeholders to try out and monitor new models of continuing care.

The project received 25 proposals, and each one was evaluated by a committee made up of consumer representatives (seniors and persons with disabilities), RHAs, care providers and Alberta Health. This sub-committee of the Continuing Care Outcome Measures Steering Committee selected six models from the 25 proposals. The projects will run for a minimum of two years at 12 sites.

## The six models of care and the 12 demonstration sites are:

- **Adult Family Living**, at  
1 Carewest, Calgary;  
Rimbey and District Health Care Centre, Rimbey; and Capital Care Group, Edmonton.
- **Native Heritage**  
2 **Enrichment**, at J.B. Wood Extended Care Centre, High Prairie.
- **Dementia Care**, at the  
3 Alzheimer Care Centre, Capital Care Group, Edmonton.

- **Transitional (short-term) Care**, at Foothills Hospital, Calgary; Central Park Lodge, Edmonton; Allen Gray Auxiliary Hospital, Edmonton; and Peace Health Region, Peace River.

- **Integrated Community**  
5 **Care Programs**, at Capital Health Authority, Edmonton; and Cold Lake Health Centre, Cold Lake.

- **Assisted Living**, at Good  
6 Samaritan Society's Wedman House, Edmonton.

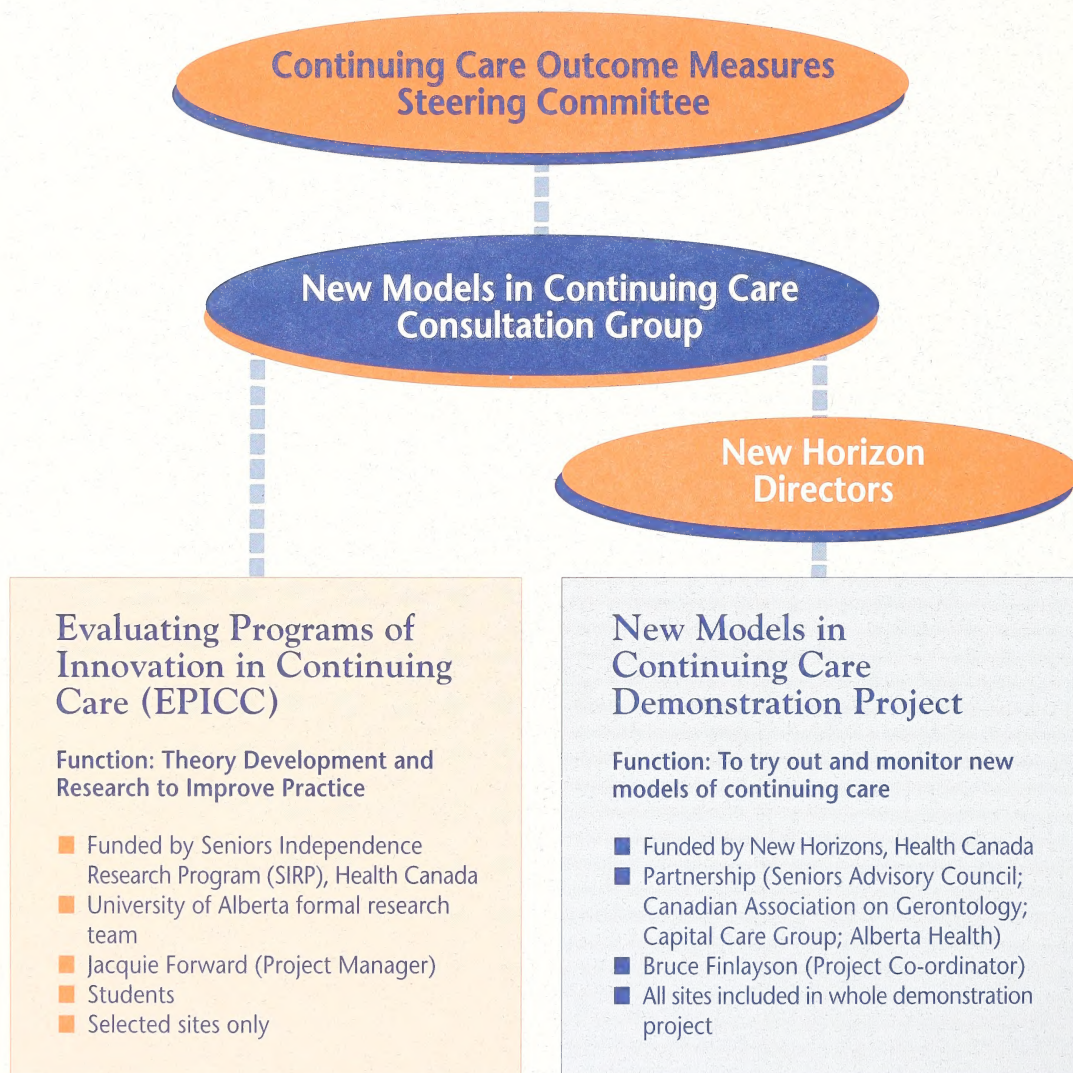
The New Models in Continuing Care Demonstration Project will assist stakeholders to try out and monitor new models of continuing care.

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## FRAMEWORK/PLAYERS IN NEW MODELS DEMONSTRATION PROJECT



*This chart shows the major participants working together with the New Models in Continuing Care Demonstration Project.*



# An EPICC approach: Evaluating continuing care projects



A research grant of \$520,800 has been awarded to the University of Alberta to evaluate three new models of providing continuing care. The three-year grant is from Health Canada's Seniors' Independence Research Program (SIRP), within the National Health Research and Development Program.

A key component of SIRP is partnerships between researchers and stakeholders.

**Therefore, the research team includes collaborators from the U of A and Alberta Health as follows:**

**Norah Keating**, principal investigator, Department of Human Ecology;  
**Corinne Schalm**, co-investigator, Alberta Health;  
**Janet Ross Kerr**, co-investigator, Faculty of Nursing;  
**Donna Smith**, co-investigator, Faculty of Nursing;  
**Sharon Warren**, co-investigator, Faculty of Rehabilitation Medicine;

**Leslie Gardner**, co-investigator, Alberta Health, and **Jacque Forward**, project manager, EPICC Project.

## External consultants to the Evaluating Programs of Innovative Continuing Care (EPICC) project

The external consultants include five gerontologists:

**Dr. Victor Marshall**, University of Toronto;  
**Professor Evelyn Shapiro**, University of Manitoba;  
**Dr. Robert Kane**, University of Minnesota;  
**Dr. Rosalie Kane**, University of Minnesota;  
**Dr. Carol Austin**, University of Calgary.  
In addition, **Dr. Maryanne Doherty-Poirier**, a specialist in program evaluation, University of Alberta, has contributed to the initial project.

EPICC will describe and evaluate the organization, delivery and outcomes of a variety of new approaches to providing continuing care services which focus on supporting seniors' independence. Seniors and governments have identi-

fied the need for a range of service options from which continuing care clients can select. These include people-centred approaches that emphasize capability, opportunity, choices and greater decision making in daily living.

## Project objectives are to:

- examine the effect of these new models of care on satisfaction and quality of life of clients and their families;
- describe the process of implementation at these sites, including the challenges that arise;
- pilot test a number of outcome measures in different continuing care settings;
- describe the models and their differences; and
- share information on the effects of the different models of care with consumers, care providers, governments, and researchers across Canada.

EPICC will describe the organization, delivery and outcomes of a variety of new approaches to providing continuing care services.



## An EPICC approach: Evaluating continuing care projects

New models of care that focus on flexibility, consumer autonomy and quality of life will be evaluated.

**A**lberta has initiated a demonstration project to encourage the implementation of innovative models of providing continuing care services. Several of the province's Regional Health Authorities have reallocated operating funds from traditional long term care beds to new models of care that focus on flexibility, consumer autonomy and quality of life. The EPICC project selected three innovative models at five sites from Alberta's demonstration project.

### The EPICC models and sites are:

1. **Adult Family Living Model** (Sites: Rimbey and District Health Care Centre; Carewest in Calgary; and the Capital Care Group in Edmonton). With this model, continuing care services are provided in private homes to people who would otherwise be admitted to a facility. One to four people are cared for in each home by the homeowner who is paid to provide care. Standards of care have been developed and will be monitored, and backup is available from a nearby continuing care centre.
2. **Assisted Living** (Site: Wedman House, the Good Samaritan Society, Edmonton). This residence has 30 individual bachelor suites, and reflects the principles of privacy, dignity, choice, individuality and independence. Health, home support and housing services are combined to provide individualized service delivery for people who would otherwise be in a long term care facility, but do not need constant care.
3. **Dementia Care** (Site: Alzheimer Care Centre, the Capital Care Group, Edmonton). This residence cares for people with Alzheimer's or related dementia, specifically those at the mid-stage of the disease. It has 36 units and care is based on a social and

flexible model. The specially designed environment is intended to maximize individual strengths and freedom.

In the EPICC project researchers, service providers and policy makers will collaborate for three years to produce information that can be used to develop policy recommendations. This will include an examination of which models are an appropriate alternative to traditional long term care facilities and for whom they are best suited.

If you have questions, please contact the EPICC project at:

403-492-2865,  
fax 403-492-3012,  
or e-mail at [jforward@pop.srv.ualberta.ca](mailto:jforward@pop.srv.ualberta.ca).

Or you may write to:

**The EPICC project,  
Room 3-38  
Assiniboia Hall,  
University of Alberta,  
Edmonton, AB  
T6G 2E7**



# Project has roots in the past, implements vision for future



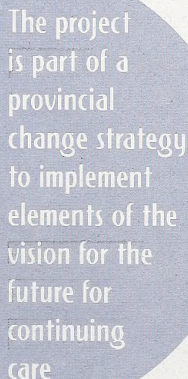
The New Models in Continuing Care Demonstration Project is a logical progression in Alberta's evolving continuing care field.

"The project is part of a provincial change strategy to implement elements of the vision for the future for continuing care," describes Vivien Lai, Senior Director, Community/Continuing Care Branch.

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## Philosophy of consultation

The vision for the future was described in the province's Continuing Care



The project is part of a provincial change strategy to implement elements of the vision for the future for continuing care

Centres of Tomorrow: A Role Statement for Alberta's Long Term Care Facilities document, prepared by many members of the project's steering committee, and released by Alberta Health in 1994. The document described a philosophy of consultation with clients and caregivers. At the same time, the document identified a need for a greater variety of services so that clients could be as independent as possible.

"The consumer-oriented vision and values in the discussion paper apply to all continuing care services in terms of the emphasis on client choice, autonomy and quality of life," explains Mr. Finlayson. "The project is a next logical step in practicing the values that consumers and service providers want, and implementing the strategies that Alberta Health's business plan called for."

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## A continuum of care

The Alberta Health three-year business plan articulated an objective of maintaining a continuum of affordable, accessible care in appropriate settings, and increasing the ability of Albertans to lead healthy and independent lives. This demonstration project is an example of a strategy which supports this objective.

Mr. Finlayson adds that the New Models in Continuing Care Demonstration Project follows a successful history in Alberta of using demonstration projects in the continuing care system. "Such projects have been used to implement system-wide changes for the past decade," he says. "These experiences of change have helped consolidate an atmosphere of trust and collaboration among continuing care consumer groups, service providers, professional associations and the government."





## A MULTI-STAKEHOLDER APPROACH

A multi-stakeholder committee called the Continuing Care Outcome Measures Steering Committee is responsible for the New Models in Continuing Care Demonstration Project. Committee members are:

- Vivien Lai, chairperson, Alberta Health

### Provincial and regional reps:

- Phyllis Dell, Capital Health Authority
- Marlene Raasok, Calgary Regional Health Authority
- Bryan Judd, David Thompson Health Region
- Lynne Baisley, Palliser Health Authority
- Linda Killick, Aspen Health Services
- Sharon Wilkins, Provincial Mental Health Board

### Provider reps:

- Judy Drebert, Rimbey & District Health Centre

- Phil Gaudet, Good Samaritan Society
- Lynne Mansell, Southern Alberta Regional Geriatric Centre

### Provider and professional associations:

- Susan Paul, Alberta Association of Registered Nurses
- Dr. Gerald Zetter, Alberta Medical Association
- Claire Mills, Alberta Long Term Care Association

### Consumer organization reps:

- Dr. John Morrissey, Seniors Advisory Council for Alberta
- Dr. Fran Vargo, Premier's Council on the Status of Persons with Disabilities
- Mary Davis, New Horizons Director

- Mary Norman, New Horizons Director

### Alberta Health reps:

- Pat Inglis, Community & Continuing Care Branch
- Nancy Reynolds, Regional Services Branch
- Pearl Morrison, Edmonton Area Branch
- Denis Lyons, Assurance Branch
- Jane Curry, Information Technology Branch

### Project Management Team:

- Corinne Schalm, Alberta Health
- Dr. Leslie Gardner, Continuing Care Outcome Measures Project
- Bruce Finlayson, New Models in Continuing Care Demonstration Project

## Innovations

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Innovations in Continuing Care is published four times a year. Submissions, questions, and letters are welcome and should be sent to Project Co-ordinator Bruce Finlayson, c/o New Models in Continuing Care Demonstration Project, 8th Floor, Box 2222, 10025 Jasper Avenue, Edmonton, Alberta, T5J 2P4.

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